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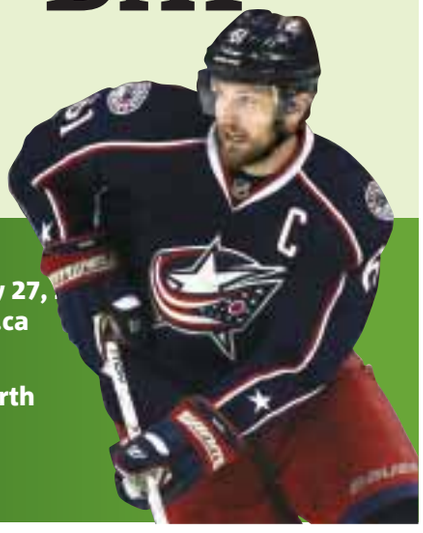
NHL'S D-DAY

WHO COULD BE ON THE MOVE TODAY?

{page 18}



WINNIPEG metro®

Monday, February 27,
www.metronews.ca

News worth sharing.

▶ Meryl Streep arrives at the 84th Annual Academy Awards in Los Angeles on Sunday night.

KEVORK DJANSEZIAN/GETTY IMAGES

Looking gorgeous in gold

The veteran actress came away from Hollywood's big night with an Oscar for best actress for her role as Margaret Thatcher in The Iron Lady. For more on show, see pages 11 and 12 or visit metronews.ca

Tweet and you will find

Twitter accounts set up to try to lure PC leader candidates But several of the prospects haven't joined the social media movement

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

It's still eight months before Manitoba PCs select a new leader, but social media is an impatient mistress.

Two Twitter accounts set up to draft Winnipeg Coun. Scott Fielding into the race disappeared after one day. One of the accounts is associated with an anonymous blog that trumpeted a self-congratulatory "Mission Accomplished" on Thursday, saying they'd heard — accurately — that Fielding is mulling over a leadership run. "We've done our part and planted a seed," reads the blog entry.

Fielding, a Twitter non-user, told Metro he views April 1 as the point by which potential candidates must decide. He said it's an "honour" that people are trying to draft him and that it "does have an influence."

Twitter is also wielding its drafting prowess at PC MLA Leanne Rowat, another non-tweeter.

Rowat has "the charm, the smarts, the conservative roots and the charisma to kick Selinger to the curb!" wrote @DraftLeanneForL on Thursday.

"Help us draft Leanne Rowat to be the next leader of the Manitoba PCs!" the tweeter says.

Unfortunately for this tweeter, Rowat has flown the leadership coop.

"I'm not interested in running for leadership," Rowat told Metro Saturday.

PC MLA Kelvin Goertzen, an active tweeter at @KelvinGoertzen, is also mulling over a leadership bid. He, along with Brian Pallister and Coun. Paula Havixbeck, were reported to be interested but no one has confirmed a run yet. Goertzen, responding on Facebook, said he doesn't use social media much for politics.

"I see the power of social media as being that (it's) 'social,'" he wrote.

Follow the trend?

- Several local journalists follow Coun. Paula Havixbeck on Twitter. They may hope she uses it for a big announcement, but that could be a long shot. Havixbeck's sixth and last tweet came last August when she wrote "Kudos to Taz Stuart for all that he's doing to keep us mosquito free this summer!"
- CBC Parliamentary reporter Kady O'Malley, an entertaining must-follow on Twitter for political junkies, prods politicians to join Twitter.
- "I can't imagine why they wouldn't want to do so," tweeted @kady, "I just think it's something all politicians would *want* to do, although it's possible their staff may disagree."

1 news

Call her the eco-warrior princess: Actress Lucy Lawless has been arrested for her involvement in a Greenpeace protest aboard an oil-drilling ship. Scan the code.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

A bird's-eye view of a train derailment west of Toronto that killed 3 Via Rail engineers. Watch at metronews.ca/video

Follow us on Twitter @metrowinnipeg

Breath. Of Spring

▶ Jane Hill, right, and Bertha Schmidt were among several volunteers who spent Sunday morning packing an estimated 10,000 tulips into bunches for the Lung Association of Manitoba's Breath of Spring Tulips Campaign.

SHANE GIBSON/METRO

They say tulips are better than one

The flowers, which are being sold for $6 a bunch, will be delivered to businesses that preordered them. Tulips will also be available to the public from March 2 to 11 at display booths set up around the province. Go to breathofspring.ca for display locations.

Crime spree ends in double arrest

There's nothing like a cold beer after a long day at work.

Two men were arrested after about $100 worth of merchandise was stolen from a hotel vendor in the 2100 block of Main Street on Friday.

Police allege a 25-year-old man was also responsible for three commercial robberies across the city between 3:30 and 7:45 p.m. In all the incidents, the suspect demanded merchandise from employees while indicating he had a firearm.

Police say a 28-year-old man joined the other suspect at about 8 p.m. and the pair tried to steal several cases of beer from a vendor in the 1700 block of Portage Avenue. When confronted by an employee, the suspects fled empty-handed before turning up at the Main Street vendor, police say.

Patrolling officers arrested the pair after spotting their vehicle around Chief Peguis Trail and Main Street. An assortment of stolen property was found in the vehicle.

Stephen Bartholomew Egesz, 28, and Darrell James Works, 25, were arrested. Egesz has been charged with robbery with a weapon and theft, while Works is charged with two counts of robbery with a weapon, robbery, disguise with intent and two counts of theft.

SHANE GIBSON

Cops seize $774K in pot plants

A man is facing charges and a large haul of marijuana has been confiscated after police raided a home in the 100 block of Park Grove Drive last week.

Police executed a search warrant at the house last Thursday after a lengthy investigation. Once inside, they found roughly 690 marijuana plants, estimated to be worth $774,000, and about $20,000 worth of grow-operation equipment.

A 50-year-old Winnipeg man is charged with theft of telecommunications, possession for the purpose of trafficking and production of a controlled substance.

SHANE GIBSON

Three injured in failed robbery

A man and a teenage boy were arrested after an attempted robbery and assault early Friday.

A 29-year-old male and a 23-year-old female were walking near the corner of Broadway Avenue and Langside Street at about 4:45 a.m. when two men aged 15 and 18 approached them, concealed their identities and demanded their personal property.

The victims refused and an altercation ensued.

The 29-year-old male was able to overpower the 18-year-old, who received injuries to his upper body. Police say that during this time, the 15-year-old produced a knife, striking the female victim in the upper body, then stabbing the older man in the upper body, causing him to collapse in the roadway.

Both suspects fled and passing motorists called police. No property was obtained from the victims. The woman was treated on scene, while the man was transported to hospital in critical condition.

With the help of a canine unit, police tracked down both suspects to a residence in the 200 block of Young Street. The 18-year-old was taken to hospital in critical condition and has since been upgraded to stable.

Both suspects face two counts of robbery with a weapon, disguise with intent and failure to comply with court orders.

SHANE GIBSON

Blaze. Damage

▶ An early-morning fire in an Elmwood area home Sunday sent a woman to hospital for smoke inhalation. Emergency responders were called to the two-storey home in the 300 block of Harbison Avenue West around 2:50 a.m. Damage was estimated at $175,000 and police could not confirm media reports a cat died in the blaze.

SHANE GIBSON/METRO

Fire sends woman to hospital

NDP candidates try to woo West

Party members to cast ballots March 1
Leadership convention to be held March 23-24

The seven people vying to lead the NDP are vowing to woo the West to form Canada's next government.

In a debate held in Winnipeg on Sunday, NDP leadership candidates said they must do better than the three seats they now hold on the Prairies.

The party may have essentially been born in the region but candidate Thomas Mulcair said that isn't enough.

"Here on the Prairies, we have the deepest roots but very few trees," he said.

In Quebec, Mulcair said it's the opposite, where the party has many trees with weak roots that could be knocked over with a strong wind. The only way the party can build on its success in the last election, he continued, is to hold on to those seats in Quebec and convince westerners that the NDP is capable of "good public administration."

THE CANADIAN PRESS

Documentary recalls when Stanley Cup was in Winnipeg

HANDOUT/THE CANADIAN PRESS

▶ Actor Adam Cardinal as goaltender George "Whitey" Merritt in the film Champion City, the story of the Winnipeg Victorias and their first Stanley Cup win.

The year was 1896 and the Stanley Cup looked more like a simple silver fruit bowl than the multi-tiered trophy NHLers hoist today.

Frederick Arthur Stanley, the hockey-loving governor general who donated the challenge cup to recognize Canada's best amateur team, left for his home in England only three years earlier.

But the cup itself had never left Montreal. That is until an upstart team from Western Canada issued a challenge, then had the audacity to win 2-0 and take the cup back to Winnipeg, where the first ever Stanley Cup parade soon followed.

And so began the Stanley Cup's travels around North America as hockey's supreme object of desire.

The story of the Winnipeg Victorias and their first Stanley Cup win (they had two more) has been told in Champion City, a documentary by Winnipeg's Farpoint Films.

"To have the wild and woolly west show up and take a trophy like that from you, it sort of sparked the imagination of everybody across Canada," said Andrew Wall, the man behind the 30-minute documentary.

"Every league, every hockey team was like 'Hey, we can vie for this national cup."'

He said he saw the dusty banners that hung in the rafters of the old Winnipeg Arena years ago, heralding the exploits of the Victorias.

But he basically forgot about them until researching another documentary, when he came upon an account of the 20th anniversary of that 1896 game.

"We somehow forgot the story behind it and the relevance and maybe because it's not an eastern story, it's a Winnipeg story," he said.

"It was so relevant to the game of hockey and so crucial to the game of hockey."

Besides the Stanley Cup parade, the Victorias debuted a few other novelties for 19th and early 20th century hockey fans.

Merritt wore pads in goal, but they were made for cricket players.

"Whether he was the first guy to use them we don't know, but he definitely was the first guy to introduce them on that kind of stage," said Wall.

The film is available now only on pay-per-view in Manitoba but Wall says they are still working on broader distribution.

THE CANADIAN PRESS

Hall of Fame

- **Victorias centre.** Donald (Dan) Henderson Bain was the Victorias' centre. Years later, he was recognized as Canada's outstanding athlete of the last half of the 19th century. He's in Canada's Sports Hall of Fame and was one of the initial 12 players selected to the Hockey Hall of Fame when it was founded in 1945.
- **Positions.** The game was a bit different than the one we know now. Bain at centre, Colin Campbell at left wing, Attie Howard at right wing and George Merritt in goal all sound familiar. But the Victorias also had Rod Flett at point, Fred Higginbotham and Charles Johnstone at coverpoint and Jack Armytage as rover and team captain. Bob Benson was the spare left-right wing.

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Derailment claims 3 Via workers

Engineers killed while riding in cab of locomotive 45 were injured

A slight bump followed by people and luggage flying through the air is how one passenger is describing a train derailment Sunday west of Toronto that killed three Via employees and left three passengers with severe injuries.

The time between the train leaving the tracks and the crash was only about 10 seconds, but it felt like "forever," said Deanna Villela of Welland, Ont.

Villela was among 75 passengers travelling on train No. 92 to Toronto from Niagara Falls, Ont., along the busy rail corridor when the train left the tracks around 3:30 p.m. Area residents described a chaotic scene of emergency vehicles, sirens blaring and helicopters buzzing overhead. The locomotive and one passenger car flipped onto their sides and crashed into a small trackside building. All six cars derailed, a Via official said.

The three dead were Via engineers who were riding in the locomotive. A fourth Via worker in the locomotive was also injured.

Amid the twisted metal and debris, emergency crews scrambled to pull passengers to safety. Some passengers were carried away on boards and stretchers while others, looking dazed and battered, were led out of the wreckage by emergency workers.

"There's no question it's very tragic. We're a relatively small company, we're a family, we know everyone by name," Via chief operating officer John Marginson said at the scene. "We certainly feel for the families of the colleagues that we lost."

THE CANADIAN PRESS

DAVID RITCHIE/THE CANADIAN PRESS

▶ Emergency workers help passengers out of a train wreck in Burlington, Ont., Sunday. Via spokeswoman Michelle Lamarche said three of the company's employees were killed in the crash. Inset: An aerial view of the train derailment.

False robocalls made in 34 ridings, Martin claims

The robocall controversy appears to be broadening, with opposition parties claiming the number of ridings affected by voter-suppression calls in the last federal election is greater than first thought.

New Democrat MP Pat Martin says he is aware of at least 34 ridings that received automated phone calls, although his party lists only 29.

Meanwhile, Liberal Leader Bob Rae said his party is aware of 27 ridings, but he expects the number to rise by Monday, when the House of Commons resumes.

The opposition are accusing the Harper Conservatives of orchestrating a campaign of dirty tricks in the May 2 election, but the Conservatives have denied the charges.

Elections Canada and police are currently believed to be looking into reports that automated calls in as many as 18 ridings falsely advised voters that the location of their polling stations had changed. Martin says he is firm on his number and has since heard of two more ridings, but was not yet adding them to his list.

Lawyers for RackNine Inc., an Edmonton-based automated dialling company that worked on the Conservative campaign, has sent a letter to Martin demanding an apology or face a defamation suit.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS FILE

▶ NDP MP Pat Martin

Do-not-call lists

- Political parties are exempt from the do-not-call list regime and they aren't subject to privacy laws either. It's a growing policy concern, privacy and technology law experts say.

Fat cat gains celebrity status

Losing weight is hard enough, but try doing it with the world watching and when you'd rather be dreaming of mice.

Tiny, a very large and lovable grey house cat, has become an international celebrity since he was left in a box outside the Fredericton SPCA on Dec. 30. But no one at the shelter was quite prepared for a cat the size of Tiny, or the media attention he has received since.

"We thought someone was bringing in donations, such as computer paper or newspaper," said LeeAnn Haggerty, the SPCA's education co-ordinator. "Then we heard the box meow."

He weighed 13.7 kilograms.

THE CANADIAN PRESS

DAVID SMITH/THE CANADIAN PRESS

▶ Nancy Garon holds Tiny.

'Chlorine incident' sends kids to hospital

It was supposed to be a busy day at the Cariboo Memorial Recreation Complex where dozens of kids were getting ready for a swim meet Sunday morning when suddenly they started smelling "something weird."

The fumes, caused by what authorities called "a chlorine incident," forced the evacuation of the complex in Williams Lake, B.C., and sent 70 people to hospital, the majority of them children.

"People just said, 'You've got to get out,'" said Abbi Taylor, a 17-year-old swim coach who was there.

She said the kids, who were mostly under the age of 12, were in the pool at the time, warming up for the meet. A hockey game was also going on in the complex. THE CANADIAN PRESS

Bestiality charges laid in B.C.

A 38-year-old Vancouver man has been ordered to stand trial for bestiality.

Brian Anthony Cutteridge will be in B.C. Supreme Court on March 14 to set a trial date. The allegations against him have not been proved and he is presumed innocent. Marcie Moriarty, head of the B.C. SPCA's cruelty-investigations department, said the association began investigating Cutteridge in 2010 after being tipped off that he was allegedly engaging in sexual activities with his dog.

There were reports Sunday that a vet alerted the animal-welfare agency because of an infection one dog had, but Moriarty would not confirm or deny this information.

"Unfortunately, the actual act is not as uncommon as we'd like to think, but ... having a case go before a court and having charges accepted is more rare."

METRO

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Death toll climbs in Qur'an riots

Afghan ministers call off trip to Washington Leaders meeting on how to stop violence

Demonstrators hurled grenades at a U.S. base in northern Afghanistan, and a gun battle left two Afghans dead and seven NATO troops injured on Sunday in the escalating crisis over the burning of Muslim holy books at a U.S. airfield.

More than 30 people have been killed, including four U.S. troops, in six days of unrest. Still, the U.S. ambassador to Afghanistan said the violence would not change Washington's course.

"This is not the time to decide that we're done here," Ryan Crocker said. "We have got to redouble our efforts. We've got to create a situation in which al-Qaida is not coming back."

The attack on the base came a day after two U.S. military advisers were killed at the Interior Ministry in Kabul. The Taliban say the shooter was one of their sympathizers and that an accomplice helped him get into the compound to kill the Americans in retaliation for the Qur'an burnings. THE ASSOCIATED PRESS

Not enough

- **President Barack Obama** and other U.S. officials have apologized for the Qur'an burnings, but this has not quelled the anger of Afghans, who say it shows disrespect for their culture and religion.

Chain. Reaction

▶ Russians stand united during an opposition protest along Moscow's Garden Ring on Sunday.

SERGEY PONOMAREV/THE ASSOCIATED PRESS

Let's have a hand for reform

Thousands of people joined hands to form a 16-kilometre human chain around central Moscow in the latest protest against Russian Prime Minister Vladimir Putin. Activists estimated they needed 34,000 people to complete the chain along the Garden Ring, and they appeared to have succeeded, or come close.

Canada calls off Afghan meetings

Canada has suspended all meetings in Afghan ministries after the slaying of two U.S. military advisers.

Foreign Affairs spokesman Yohan Rodericks said the move was taken as a security precaution. He said all Canadian staff are safe and accounted for.

It isn't known how long the meetings will be on hold, but Rodericks said officials are keeping a close eye on the situation. THE ASSOCIATED PRESS

Recall

- **NATO and Britain recalled** their advisers from Afghan ministries late Saturday after two U.S. advisers were killed.
- **The pair, whose names** have not been released, were shot in the back of the head.
- **Afghan authorities said** Sunday that they have identified a suspect and launched a manhunt.

Chinese netizens 'occupy' Obama

Chinese are flooding a web page of President Barack Obama's re-election campaign with comments after China seemingly lifted a firewall. What some are calling "Occupy Obama" began early last week on Google+ and quickly reached a torrent. Most of the comments seem purely for fun. Some ask for green cards, while many call for the end of Communist Party rule. THE ASSOCIATED PRESS

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In. Print

▶ News Corp. chairman and CEO Rupert Murdoch holds the first edition of The Sun on Sunday as it comes off the presses in Broxbourne, England.

ARTHUR EDWARDS/THE ASSOCIATED PRESS

New paper for Murdoch

Rupert Murdoch's newest newspaper launched Sunday with a familiar mix of celebrity news, scantily clad women and defiant language. The Sun's Sunday edition hits stands two weeks after five employees were arrested for alleged payment of bribes. The new Sunday tabloid replaces The News of the World.

Will Canada lead way to mining on moon?

- **Moon has compounds not readily available on Earth**
- **Lunar-resource drilling may start by end of decade**

Canada could play a key role in a new international space race, with the next sprint to the moon gearing up as an extra-terrestrial gold rush.

Industry insiders will be watching closely this week as the heads of the world's five biggest space agencies get together in Quebec City, where the partners on the International Space Station will discuss more than the future of the orbiting lab.

They will address an idea gaining currency in business and scientific circles: that within human reach lies an unfathomable wealth of resources, some of them common on Earth and others that could change the way we live.

Canada could figure prominently in any discussion about lunar exploration, with nearly one-quarter of the world's top mining companies and robotics like the famous Canadarm.

Several countries, including China, have expressed a desire to start mining the moon's resources. The mining industry is now waiting for the Canadian Space Agency to make its intentions known, while the agency awaits direction from the federal government.

"When members of the international space community decide to go to the Moon or Mars, the CSA and Canada will be ready to contribute," the agency told The Canadian Press

HANDOUT/THE CANADIAN PRESS

▶ A prototype of a lunar rover by Neptec Design Group of Ottawa.

The CSA has already begun developing a number of prototype lunar rovers, in co-operation with NASA and several Canadian firms.

The testing of these prototypes on Earth, with special drills for excavating, has already begun and more tests are planned this summer in Hawaii. The next phase would involve building space-bound rovers. "We're making, I think, a contribution to what Canada's future space program might look like," said Iain Christie, the president of Neptec Design Group. THE CANADIAN PRESS

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BP oil-spill trial delayed for talks

A federal trial over the worst offshore oil disaster in U.S. history has been delayed for a week to allow more time for settlement talks, according to two people close to the case.

The two people told The Associated Press the decision was made Sunday during a conference call between parties in the case and U.S. District Judge Carl Barbier. They spoke on condition of anonymity because a formal ruling had not yet been issued.

Among other things, the trial that had been set to begin Monday is meant to determine the penalties that need to be paid by BP and other companies involved in the massive 2010 Gulf of Mexico oil spill. Billions of dollars are at stake.

BP PLC confirmed that the trial had been delayed until March 5. It said the oil giant and the Plaintiffs' Steering Committee were working to reach an agreement that would fairly compensate people and businesses affected by the Deepwater Horizon rig explosion and resulting spill. THE ASSOCIATED PRESS

German opposition for Greek bailout

Germany's main opposition leader says his party will strongly back the new Greek rescue package when Parliament votes on the measure Monday.

The package centres on a second $173 billion US bailout. Finance Minister Wolfgang Schaeuble has told lawmakers it's the best approach, though he concedes there are "no guarantees" of success and he can't rule out further aid.

The centre-right government aims to keep the number of dissenters low enough for a majority without opposition help. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 2 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas
- 5.52 (12,725.77)	- 0.21¢ (100.03¢ US)	+ $1.90 US ($109.70 US)	$2.55 US (- 7¢ US)
			Gold $1,776.40 US (+ $9.90 US)

Outlook looks bleak for youth in Spain

Daniel Lorente has worked construction, flipped burgers at McDonald's, been a camp counsellor, telemarketing representative and doorman.

But Lorente's part-time jobs never lasted more than seven months: He was laid off from each one as Spain's economic gloom deepened into a historic crisis. Now the 21-year-old is staring into a dead-end future.

"How am I going to make it if I don't have a steady job, to pay a mortgage, for example?" asks Lorente. "Or for a wedding, or anything involving a big expense? You can't get anywhere."

Lorente is stuck among Spain's "Lost Generation" of 20-somethings, with no work and no real prospects in sight. It's a devastating picture of blighted youth that threatens to distort Spain's social fabric for years to come, dooming dreams, straining family structures and eroding the well-being of a rapidly ageing population.

"This puts the whole welfare state at risk," said Gayle Allard, a labour market specialist at Madrid's IE Business School.

What's more, they're expected to put off having children or have fewer of them, slashing a birth rate that's already declining just as the baby boom generation begins to retire. That means fewer people to absorb the costs of caring for the swelling ranks of pensioners. THE ASSOCIATED PRESS

EMILIO MORENATTI/THE ASSOCIATED PRESS

▶ Sergi Tormentas, 20, centre, is seen among other youths as they shout slogans against the government's recently approved labour reforms during a demonstration in Barcelona on Feb. 19.

Lost Generation

- **Roughly half of all Spaniards** between 16 and 24 are jobless, the highest level among the 17 nations that use the euro.
- **Staggering jobless figures:** 48.6 per cent for Spaniards between 16 and 24; 39 per cent for those ages 20-29.
- **1.6 million unemployed teens and young adults** risk never having a decent start to a career.
- **They probably won't accumulate** assets like their own homes or savings until they are in their 40s.

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Colombia	from 3.9¢/min	Mexico	from 1.9¢/min	U.A.E.	14.9¢/min
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TEEING IT UP FOR PUBLIC GOLF

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

As the city continues to review the future of its golf operations, I have sympathy for those who are fighting to keep the public courses alive. Not only because council is keeping them in the rough on public consultations, but also because they face a difficult lie when it comes to courting public opinion.

Public golf is in an awkward spot. People who don't play the game think it's an elitist hobby. Meanwhile, those who fancy themselves as experts look down on public courses and prefer to play at more exclusive private tracks. (News flash guys: If you're not shooting scratch at the public course then you're not "too good" for it.)

"City-owned courses clearly fill a market niche.... They give people an affordable, accessible way to access outdoor recreation in the city, and offer a great way to get started in the game."

But the city-owned courses clearly fill a market niche, as tens of thousands of rounds are played at them each year. They give people an affordable, accessible way to access outdoor recreation in the city, and offer a great way to get started in the game.

Those in favour of closing public courses argue Winnipeg is already well-served by private operators, however, there are big differences between the two. Private courses are generally more expensive, they take longer to play and most of them are located on the fringes of the city.

As a result, playing a round at many private courses is a near day-long commitment. And if you're a junior player, then you'd better have parents who are able to give you a ride, because good luck finding a bus to Bel Acres, Kingswood or Bridges.

Current trends in the golf industry might actually make the city-owned courses more attractive in the years ahead. Recently, the United States Golf Association has been talking up the concept of "Golf 2.0," a more customer-focused approach to the sport that includes making it more affordable, more accessible and quicker to play. The city's courses are ideally suited to support this leaner version of the game.

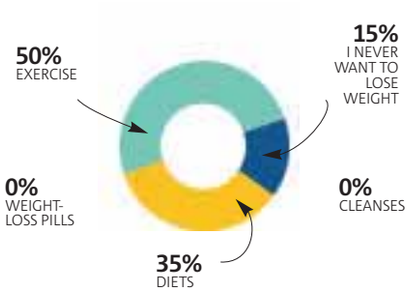
The golf course may not be everyone's recreation spot of choice, but the city also owns arenas, pools, soccer fields and lawn bowling pitches. If it started divesting itself of all money-losing facilities then we'd be the heaviest city in Canada in no time.

There are quite likely opportunities for the city to rationalize its inventory of golf courses. But let's not hack away at facilities without a clear plan, and without hearing from the thousands of people — young and old — who make use of these public spaces every year.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Register at metropolitanpanel.ca and take the quick poll

What method do you use to shed a few pounds?



Local tweets

- **@mwoodbri:** It will be a day long remembered. RT @DoubleEmMartin: Relatively quiet Saturday in Winnipeg, police say. No stabbings or other mayhem
- **@MyroneDelacruz:** In honour of #MichaelFlatley being in #Winnipeg tonight, I will be sporting a headband while shopping at Walmart this afternoon.
- **@carolbrisebois:** A snowy sky promises to make this morning's blanket an afternoon duvet. #Winnipeg #DLWS
- **@Mike_Neale:** What would be the weirdest possible NHL Stanley Cup final this year? Winnipeg vs Phoenix. #fb
- **@RebelNDN:** Well I complained about no snow in #winnipeg , well there it is!
- **@wazoowazny:** .@planetstardom76 Brad Pitt wins an Oscar, denounces the use of CGI in movies, presents an award with Optimus Prime later in the show.
- **@chillin_dillon:** I don't understand why people link their twitter to their facebook. I guess everyone has to know what you think in two social networks...

Daily Zoom

SATHYABHAMA DAS BIJU/WWW.FROGINDIA.ORG/AP PHOTO

New egg of ancient chikiladae

New amphibian family found

NEW DELHI. An intrepid team of biologists led by University of Delhi professor Sathyabhama Das Biju has identified an entirely new family of amphibians — called chikilidae — endemic to the region since before the age of dinosaurs but with ancient links to Africa. THE ASSOCIATED PRESS

2,600 Biju's team worked during monsoon season, when the digging is easier and chikilidae lay eggs in waterlogged soils. Researchers, along with locals they hired, spent about 2,600 hours digging for the elusive squigglers, usually found about 40-centimetres deep.

"It's like a rocket. If you miss it the first try, you'll never catch it again."

PROFESSOR BIJU DESCRIBES HOW CHIKILADAE GROW TO ABOUT 10 CENTIMETRES, AND CAN RAM THEIR HARD SKULLS THROUGH SOME OF THE REGION'S TOUGHER SOILS, SHOOTING OFF QUICKLY AT THE SLIGHTEST VIBRATION.

Prehistoric link

- The chikilidae is a caecilian, the most primitive of three amphibian groups that also include frogs and salamanders.
- Their discovery gives new evidence in the study of prehistoric species migration, as well as evolutionary paths influenced by continental shift.

metro
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Hugo, The Artist get love from Oscar

- The Artist takes home best picture and best actor trophies
- Christopher Plummer wins his first Oscar at 82 and Meryl Streep adds another trophy to her shelf

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

In the major categories, the Academy Awards belonged to the Artist, pulling in five wins, including best actor, best director and best picture, but it wasn't a spotless victory for the silent film.

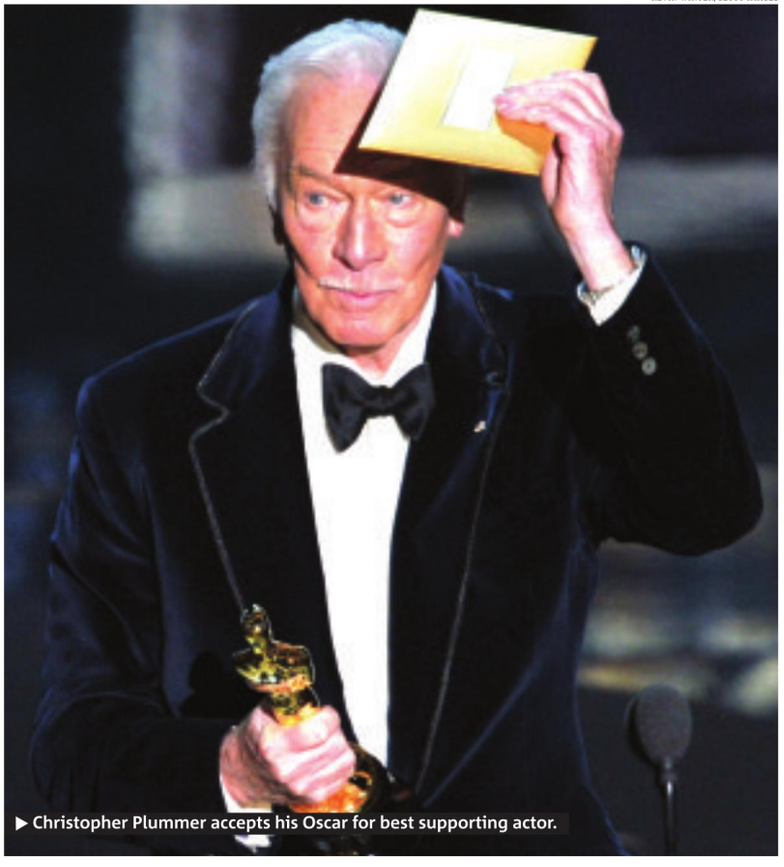
While many had expected The Artist to sweep this year's Oscars, those hopes were dashed early on as another love letter to film history, Martin Scorsese's Hugo, also brought in five trophies, including Oscars for visual effects, art direction and cinematography. The lack of an Artist sweep was an invigorating boost after a lacklustre start by host Billy Crystal.

Some odds-on favourites to win took home statues, including Iran's A Separation for best foreign language film, Octavia Spencer for best supporting actress for her role in the Help and Christopher Plummer for best supporting actor in Beginners, but the early part of the evening offered plenty of surprises, including a best editing win for The Girl with the Dragon Tattoo. In the heated best actress race between Meryl Streep for the Iron Lady and Viola Davis for The Help, Streep's portrayal of Margaret Thatcher won the day.

"When they called my name, I had this feeling I could hear half of America going, 'Oh no,'" Streep joked.

Crystal kicked things off with his traditional montage digitally inserting himself into nominated films. He followed that up with a song-and-dance number summarizing the best picture nominees that felt in many ways out of touch.

KEVIN WINTER/GETTY IMAGES



▶ Christopher Plummer accepts his Oscar for best supporting actor.

Plummer becomes oldest Oscar winner

At the age of 82, stage and screen legend Christopher Plummer finally has an Academy Award. Plummer won the best-supporting-actor prize Sunday for his turn as a widower who embraces his homosexuality in Beginners.

The prize makes the actor the oldest Oscar winner, a distinction previously held by Jessica Tandy for 1989's Driving Miss Daisy.

The Toronto-born actor took issue with that distinction backstage. "I don't buy that for a second," Plummer said.

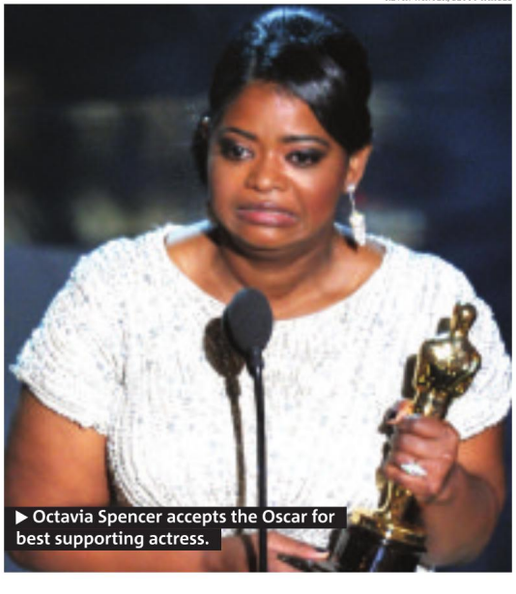
"Wasn't Charlie Chaplin older than me when he got his honorary Oscar? An honorary Oscar is still an Oscar, after all."

Plummer has already won a Golden Globe, a Screen Actors Guild Award, a British Academy Film Award and a Spirit Award for Beginners.

His only other Oscar nomination came two years ago for the Tolstoy tale The Last Station.

THE CANADIAN PRESS/
WITH FILES FROM NED EHRBAR

KEVIN WINTER/GETTY IMAGES



▶ Octavia Spencer accepts the Oscar for best supporting actress.

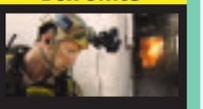
One plum weekend for Christopher

It was an award-filled weekend for Christopher Plummer. Not only did the Canadian actor win the Academy Award for best supporting actor for his role in Beginners, ACTRA Toronto on Saturday named him best actor for his rakish turn in Barrymore, a film version of the stage production that earned the veteran thespian a Tony some 15 years ago. ACTRA Toronto is the regional arm of Canada's performers' union, also known as the Alliance of Canadian Cinema, Television and Radio Artists.

THE CANADIAN PRESS

2 scene

Box office



On Oscar weekend, the real-life action stars of Act of Valor bested Hollywood's pretend heroes. The action flick, starring real, active-duty U.S. Navy SEALs, topped the weekend box office, earning $24.7 million, according to studio estimates Sunday. Lionsgate's Tyler Perry's Good Deeds, a more dramatic offering for the consistently popular Perry, opened with a healthy $16 million. Its audience was resoundingly female (76 per cent) and may have been slightly diminished by the appeal of Denzel Washington in the thriller Safe House. That earned $11.4 million, bringing its cumulative total to $98.1 million. The weekend's other new releases — the thriller Gone and the comedy Wanderlust — had weaker debuts. Wanderlust took $6.6 million. Gone took in $5 million.

THE ASSOCIATED PRESS

For more Oscar coverage, and a complete list of winners, scan this code or visit metronews.ca/oscars

Red-carpet Stars

It takes a lot of glamour to stand out on the red carpet at the Oscars Or dressing like a dictator ...

MICHAEL BUCKNER/GETTY IMAGES

▶ Sacha Baron Cohen arrives on the red carpet as his character General Aladeen.

JASON MERITT/GETTY IMAGES

▶ George Clooney brings his own golden statue to the Oscars in the form of Stacy Kiebler.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Michelle Williams looks whimsical in Louis Vuitton.

MICHAEL BUCKNER/GETTY IMAGES

▶ Kristen Wiig moves from Saturday Night Live to Oscar red carpet with ease.

JASON MERRITT/GETTY IMAGES

▶ Every red carpet needs the Pitt-Jolies.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ After dressing as a man for Albert Nobbs, Glenn Close channels her feminine side.

▶ Octavia Spencer stuns in Tadashi Shoji.

Oscar tweets

@magicandrew:
#Oscars + @justinbieber = I think a server just melted somewhere inside of Twitter.

@AngryBlackLady:
Clooney and Crystal kissed. Santorum just had an aneurysm.

@mariosundar:
I love you @BillyCrystal but your song-and-dance monologue seemed so archaic. Even Clooney seemed thoroughly confused!

@RajeevMasand:
Sandra Bullock announces Best Foreign Lang Film nominee — will be so happy to see Iran's A Separation win. So deserving.

Up and down

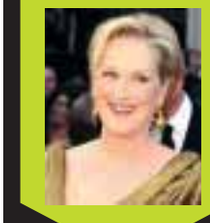
Metro Canada offers up its take on the best and the worst of this year's Oscar broadcast

Billy Crystal

The nine-time Oscar host did what he does best, spoofing the best picture nominees, with a little help from George Clooney, Justin Bieber and Tom Cruise. It was like an old, slightly campy, great uncle stopping in for a visit and pulling a quarter from behind your ear.

Funny focus group

The Wizard of Oz focus group, featuring some of the cast of Best In Show and Waiting for Guffman, proved the Oscars can be funny, with their analysis of the classic film. More flying monkeys, less Dorothy.



Sacha Baron Cohen

Dressed as the alter-ego from his new film, The Dictator, Baron Cohen lived up to his unpredictability by bringing the supposed ashes of Kim Jung-il as his red carpet date. Spilling the ashes on E! host Ryan Secrest, he sunk to a new self-promoting low. Ashes to ashes, dust to dust, without press, Baron Cohen's career will rust.

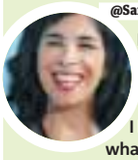
Meryl Streep

We love Meryl, but after 17 nominations you think she would know what to wear to the Oscars. Her dress looked like it was rescued from the Carol Burnett Show. It's 'curtains' for her stylist. METRO

Celebrity tweets

@AlbertBrooks

Just bought a used gas centrifuge on Ebay. If neighbor does not quiet dog I will build nuclear weapon. #fairwarning



@SarahKSilverman

I just said "granola" too many times & now I have no idea what it means or how I ever knew it

@JessicaSimpson

Vampire Diaries has been a minor obsession of mine this month!! I've watched every episode!! Ok, so maybe it isn't a minor obsession.. Ha

@DanaJGould

I'm working with a human rights group that takes winos off of skid row and releases them back into the wine country.

Adam Sandler earns 11 Razzie nominations

Actor earns the dubious honour of rocking this year's worst movies

ALL PHOTOS GETTY IMAGES

▶ Adam Sandler and Katie Holmes at the premiere of the Razzie-nominated Jack and Jill last November in California.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

While the world continues their celebration of the Oscars and the best and brightest in Hollywood, let's take a moment to look at the worst.

Specifically, poor, poor Adam Sandler, who is saddled with the sad honour of earning 11 Razzie nominations for his various work as an actor, a writer and a producer on three movies for 2011: Jack and Jill, Bucky Larson: Born to Be a Star and Just Go With It.

Sandler received two worst actor nominations, one for Just Go With It and another for Jack and Jill.

Bad news bears:

Worst film nominees:

- Jack and Jill
- Bucky Larson: Born to Be a Star (Sandler also co-wrote)
- New Year's Eve
- Transformers: Dark of the Moon
- The Twilight Saga: Breaking Dawn, Part 1

Oh, and he also received a worst actress nod for Jack and Jill — if anything, at least he's breaking gender barriers.

Luckily, he's not alone: his Jack and Jill co-stars, Katie Holmes and Al Pacino, each received a worst supporting actress and worst supporting actor nomination for their work in that film, respectively. (Way to bring down Pacino, Sandler.)

It's time for Sandler to pick up a copy of the 1998 edition of Stop with the Fart Jokes: Transform Your Career and Become an Oscar Winner in No Time by Tom Hanks. Soon, he'll be starring in Punch Drunk Love II: Still Drankin', where he and Emily Watson end up adopting a middle-aged deaf, mute, and blind train hobo who teaches them the true meaning of life.

Demi is on the mend, says source

Demi Moore's stay at a rehab facility in Utah is apparently doing the trick, according to In Touch.

"She is totally committed to getting better," a friend of the actress says, adding that Moore is now weighing in at more than 100 pounds. The 49-year-old has reportedly gained 10 pounds while in rehab and is eating three meals a day. "Demi has a long way to go, but she is getting better," the source says. "She has many days where she feels great." METRO

▶ Demi Moore

Gerard Butler was on a bit of a tear

Gerard Butler spent the last three weeks in rehab to address an alleged prescription painkiller problem, according to Radar Online.

"Gerard has completed a successful course of treatment and has returned home in good health," his rep said in a statement. "We will not be making any further comment at this time."

Butler reportedly developed a painkiller dependency in 2006 after filming 300. As for other substances, the actor recently told the Red Bulletin that he's toned things down considerably.

"I am a single successful Scottish actor in a city full of beautiful women, and I will admit to having the time of my life," he said.

"I'm very well behaved these days as a lot of the naughty stuff was when I was drinking." METRO

▶ Gerard Butler

This one's lips aren't Sealed

Seal is standing by his decision to speak publicly about his impending divorce from Heidi Klum.

"When you publicize your marriage as much as our marriage was publicized, when you renew wedding vows, when you do all those things ... you're giving people a picture of an ideal relationship that people aspire to," he says during an Australian radio interview.

"When it goes south, you can't all of a sudden take the philosophy of a monk and decide to go for a vow of silence. It doesn't really work like that. I respect my wife's decision not to talk about that, but I felt that people at least deserved some kind of explanation why the picture of the ideal wasn't what they thought it was." METRO

▶ Seal

3 life

Mogul mom

Former model Kathy Ireland, a mother and author of three children's books, has been named by Forbes as the wealthiest supermodel on the planet.

Forbes recognized the iconic model, 48, for raking in the most cash through her brands, beating out domestic diva Martha Stewart. According to the magazine, Ireland sold "an astounding $2 billion worth of licensed products at retail, making her a bigger licensor than the formidable Martha Stewart."

Her Kathy Ireland Worldwide brands include a clothing line, home furnishings, socks, wigs, self-help books and workout videos.

THE ASSOCIATED PRESS

Motherhood and curling: A juggling act at the Canadian women's championship.

▶ Women may want to find out their baby's gender for both practical and psychological reasons.

Did you find out the sex?

It's a boy! It's a girl! It's a... surprise! Where some people stand on learning the truth early

Six months into her pregnancy, the fashionable Julia Restoin-Roitfeld does not know the sex of her baby — and she has no intention of finding out. Her mom, former Vogue Paris editor Carine Roitfeld, is mighty impressed: "[Julia] doesn't want to know. I'm very proud of her, because me, I would not be able to do that. But you know, in a way, today you can know everything about anything, and to refuse to know I think is quite chic."

So apparently not finding out the sex of your baby is "chic." Who knew?

Carine also has no intention of baking cookies or knitting booties any time soon. "I don't think it's my thing," she said with a laugh. Gotta love her for telling it like it is!

But back to the gender discussion. My friends are pretty split down the middle when it comes to finding out the sex of their baby. I personally was tempted to find out with both my kids but never did because I figured there are so few surprises left these days. But I know countless women who were dying to know if they were having a boy or a girl ASAP — both for practical reasons and for psychological ones, too.

One friend, for example, always planned to have two children. So after she gave birth to a boy and got pregnant with her second, she decided to find out the baby's gender during a 20-week ultrasound. "If it was a boy, I wanted to know," she tells me, "so that I wouldn't be disappointed."

Clearly, this is a woman who always wanted a little girl, though she was and still is beyond grateful for her two wonderful boys. "I just wanted to prepare myself, emotionally. I knew that this would be it and so if I was never going to have a daughter, I would rather find out in advance than right there on the table. It gave me time to come to terms with it all."

I've also noticed that many couples are divided on whether or not to find out the sex of their baby.

One pregnant woman I know, already mom to two boys, was so curious that she found out behind her husband's back — then feigned surprise when it was a girl (ha!).

Then there are those women who find out by accident because their doctor uses "he" or "she" to describe the baby in a way that's just way too obvious.

Sounds crazy, I know, but this has happened to many friends. And, let me say, they were less than pleased.

SHAWNA COHEN, MOMMYISH.COM

Working-mom bias

The work-family balance debate grabs the spotlight

Working mothers are getting some serious press. The New York Times has been debating maternity leave rights for working women.

National Public Radio in the States is looking into the wage gap between working mothers and their childless peers.

And now Forbes magazine has jumped into the conversation with a series of pieces on the unconscious bias that employers and bosses hold against moms.

Obviously, business media is ready to have a conversation about what it means to be a working mother and how corporations need to support those who choose to have a family and continue to be a productive member of the workforce.

Bring it on! Let's discuss these important issues.

The big problem is that every working mother is judged to behave in the same manner the minute after she gives birth.

Some women are also judged just in case they might want kids in the future, even if they aren't mothers now.

Instead of dealing with individual cases, companies and managers made general assumptions based on a very diverse group of people.

THINKSTOCK

▶ Issues facing working mothers are finally getting some attention.

The debate will help. Maybe now, we'll be able to give women who are considering motherhood a more realistic picture of the challenges that they're going to face.

Then every woman can decide for herself where her priorities are and what she's willing to sacrifice.

LINDSAY CROSS, MOMMYISH.COM

Pull out all sandwich stops

Pulled chicken sliders are a great way to infuse a ton of flavour into a small package Instead of buns, they can also be served on flour tortillas

MATTHEW MEAD/ THE ASSOCIATED PRESS

Mango Marmalade Chicken Slider

This recipe makes 12 sliders.

When it comes to making pulled chicken, it's hard to beat the two-ingredient simplicity of simmering chicken breasts in a bottle of barbecue sauce.

But if you want try something a little bigger, a little bolder and a lot more interesting, make a sweet-and-savoury pulled chicken.

Preparation:

1. In saucepan over medium-high, combine chicken, broth, jelly, marmalade, vinegar, cumin, paprika, garlic powder, salt and pepper. Bring to simmer, then cook, uncovered, 45 mins. Transfer chicken to cutting board. Continue cooking sauce for 10 mins. or until reduced and thickened.
2. Meanwhile, use 2 sets of to pull apart and shred chicken breasts. Once liquid has reduced, return chicken to saucepan and mix with sauce. Simmer until heated through, then remove pan from heat. Stir in sour cream.
3. In a bowl, mix coleslaw mix, mayonnaise and hot sauce to taste.
4. Serve chicken on buns topped with coleslaw.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 1.15 kg (2 1/2 lb) boneless, skinless chicken breasts
- 1 L (4 cups) chicken broth
- 1 jar (396 g/14 oz) mango-pepper jelly
- 125 ml (1/2 cup) orange marmalade
- 50 ml (1/4 cup) cider vinegar
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) sweet or smoked paprika
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 250 ml (1 cup) sour cream
- 1 bag shredded cabbage coleslaw mix
- 150 ml (2/3 cup) light mayonnaise
- Hot sauce
- 12 dinner rolls or other small buns, split

If you prefer the taste of pulled pork, switch it up by cooking it in sesame oil Serve it on buns or over rice

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sesame Pulled Pork Sandwiches

This recipe makes eight to 10 servings.

These sandwiches have a hint of sesame that enhances the pork flavour, almost giving you a hint of sweet and sour.

Serve this up for a hot lunch after a morning out playing in the cold with friends.

The pulled pork would also be delicious served over steamed rice.

Preparation:

1. In a large saucepan, whisk together the beer, tomato paste, brown sugar, vinegar, 30 ml (2 tbsp) of the sesame oil, soy sauce, garlic and mustard powder. Add the star anise and pork. Bring to a simmer over medium-high, then cover and cook for about 45 minutes or until very tender.
2. Discard star anise, then use 2 forks to pull apart the pork into bite-size pieces. Stir in the remaining 15 ml (1 tbsp) of sesame oil and the hot sauce. Season with salt and pepper to taste.
3. Divide pork between the buns, sprinkling each with sesame seeds and scallions.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CHEF. VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 1 bottle (330 mL) beer
- 1 can (5 oz) tomato paste
- 60 ml (1/4 cup) packed brown sugar
- 125 ml (1/2 cup) rice vinegar
- 45 ml (3 tbsp) sesame oil
- 15 ml (1 tbsp) reduced sodium soy sauce
- 7 ml (1 1/2 tsp) each garlic powder & mustard powder
- 1 whole star anise
- 3 pork tenderloins (about 3 lbs/1.5 kg), cut into 5-cm (2-inch) chunks
- 10 ml (2 tsp) hot sauce
- Salt and ground pepper
- 8 large rolls or buns
- Sesame seeds and green onions

Rose Reisman's Choose It And Lose It

For entertaining at home, stores that offer ready-made appetizers are a popular choice. When choosing the eats, make sure you're watching the cooking method.

M&M'S JUMBO COCONUT SHRIMP (6 PIECES)

280 CALORIES, 16 G FAT

A JUMBO SHRIMP BY ITSELF IS ONLY 30 CALORIES, SO SIX WOULD BE 180 WITH ONLY FIVE GRAMS OF FAT. THE EXTRA CALORIES AND FAT ARE COMING FROM COCONUT AND THE OIL IN WHICH THEY'RE DEEP FRIED. SIX PIECES ARE EQUAL TO 16 SIDES OF KFC GRAVY IN FAT.

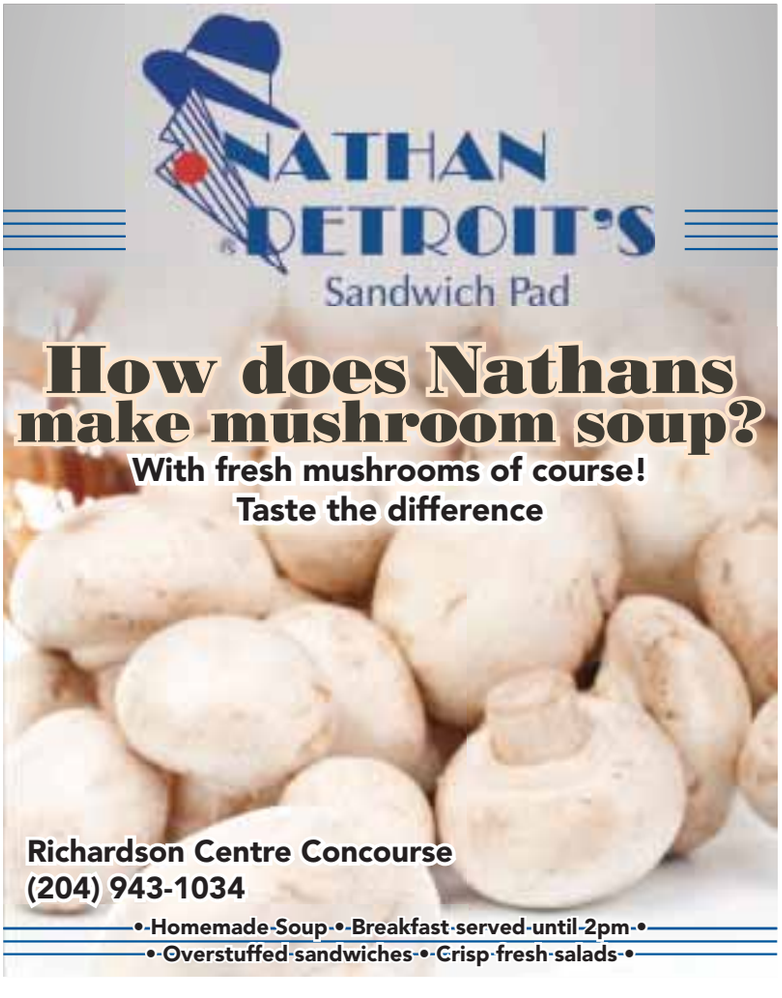
LOSE IT!

M&M'S SHRIMP COCKTAIL (6 PIECES)

180 CALORIES, 5 G FAT

ENJOY A GRILLED OR BOILED SHRIMP WITH DELICIOUS COCKTAIL SAUCE FOR A FRACTION OF THE CALORIES AND VIRTUALLY NO FAT.

[FOR MORE, VISIT ROSEREISMAN.COM]



Green from the ground up

Students attempt to build complete green house from scratch Trying to achieve Canada's greenest home

BEN KNIGHT
LIFE@METRONEWS.CA

Many Canadians undertake renovation projects to make their houses greener and cleaner. But what would be possible if you built an entire eco-friendly home — from scratch?

Twenty students from the Endeavour Centre in Peterborough, Ontario, will find out this summer, when they set out to build Canada's greenest home.

"We're a not-for-profit sustainable building school," says executive director Chris Magwood.

"We're aiming for this to be a net-energy-zero home. It will create as much energy as it consumes over the course of a year. The homeowner will actually earn money on the power."

Solar panels on the roof are just the beginning.

The 2,000-square-foot house will be build entirely from locally sourced materials.

It will also be built on an existing lot, so as not to add to urban sprawl.

"Basically, the way people talk about the hundred-mile diet, we really approach home-building that way, too," Magwood explains.

0
The annual net energy use possible in a properly constructed, eco-friendly house , with a solar-panel electrical system connected directly to the local power grid.

"To the greatest extent possible, all the materials and people who prepare them will come from the immediate region."

Local sawmills will produce all the lumber.

And materials won't be treated with toxins or other questionable chemicals.

The house will also be built to process rainwater, and recycle household grey water.

"The quality of the water, the air, the light in the home is really important to us."

When completed, the house will immediately go on the market.

Construction costs will be a little higher than a regular two-storey home, but future savings in energy and water costs will offer real savings to the eventual owner.

ISTOCK PHOTOS

▶ Students are trying to show that you can build a truly green home from scratch.

Magwood is confident houses like this will become a lot more common in the not-to-distant future.

"I first started doing this 15 years ago, when these kinds of ideas were so far out on the fringe that it was hard to even have a conversation with normal people or with builders about it," he says.

"And now, the whole industry feels like it's racing to catch up in that direction."

The students who build the house will come from all kinds of backgrounds.

Space in the program is still available.

"Things are always doable if you throw enough time and money at them," Magwood concludes.

"But you want to make sure it's also repeatable, affordable and available."

For more information, visit endeavourcentre.org.

GREEN HAIR DYE - NO LONGER JUST FOR PUNK ROCK

Are there eco-friendly hair dyes? Will they cover grey? ***Carol of Calgary***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Eco-friendlier hair dyes do exist.

Avoid ammonia, petrochemicals, sulfates, phthalates, parabens and P-phenylenediamine (PPD).

It's hard to find permanent colours that don't contain PPD. PPD-free products often use aminophenols — people allergic or sensitive to PPD may react to those, too. Find a hairdresser educated in the prefixes of these chemicals.

Before you book, ask the salon about ingredients. The more of us that ask, the quicker they'll catch on.

It's for their own good — PPD can cause cancer and be contaminated with heavy metals toxic to the brain.

"Before you book, ask the salon about ingredients. The more of us that ask, the quicker they'll catch on. It's for their own good — PPD can cause cancer."

Many eco-friendlier dyes are henna- or vegetable-based (from roots and fruits), others are oil-based.

Some are paired with hydrogen peroxide to help the colour last longer.

Note: many hennas don't disclose ingredients, but labels may list leaves of aslawsonia inermis and indigoferae tinctoria, walnut, or pure indigo.

So called black henna may be derived from indigo (from the plant indogoferae tinctoria), but may also contain PPD. Those sensitive to PPD should avoid black henna.

Most vegetable-based colours are called stains — they coat the hair but aren't absorbed below the cuticle of the shaft. Ingredients will be similar to henna but may contain dispersed inks (like pigments used in tattoos).

Greys need a small percentage of chemicals to have true permanent coverage.

Most natural colours are grey-blending more than grey-covering.

Do-it-yourselfers can find non-toxic options in health food stores or organic grocers.

If you like bright reds, violets or gold and have naturally lighter hair; lily stamens or belladonna flower, turmeric or even beet juice can do a wonderful job of tinting the hair and even refresh older highlights. Always wear gloves.

David Suzuki Foundation

Scaling the heights of success

Paul Griffith is teaching others to go above and beyond for the less fortunate with his business Over the Edge

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

For the past eight years, Paul Griffith has been pushing people out of their comfort zone and Over the Edge. And he couldn't be happier.

Griffith and his highly skilled team run events where people rappel down tall buildings and raise money for charity. His Halifax-based business has become so popular they've expanded to the U.S., and have now set a goal to raise $50 million for non-profit organizations in the next 10 years.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."

Growing up in P.E.I., Griffith was 10 when he asked his parents for new goalie pads. They told him they would only pay for half so Paul went to a local farm, purchased strawberries for 25 cents a box, loaded up his wagon and sold them to the neighbourhood for one dollar.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."
PAUL GRIFFITH

"After a week I had enough money for my goalie pads and I officially retired from my first business," he says with a laugh.

In the coming months, Griffith and his team will be travelling across Canada to stage at least 10 Over the Edge events, including one in Toronto in May. They are challenging people to rappel down City Hall in aid of the Make-A-Wish Foundation.

"We've asked the corporate world to step outside of their comfort zone and go over the edge. When you look at the barriers people face through sickness or disease it's an easy thing to do."

▶ Paul Griffith, President and CEO of Over the Edge.

On reaching for the top

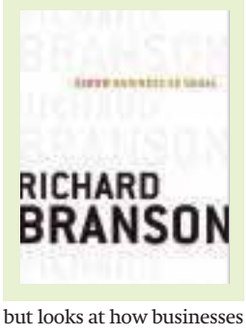
- Find something you're passionate about. Passion drives ingenuity, energy and that leads to success.
- Have fortitude to stick it out in the tough times. Every "no" you get is an opportunity to gain wisdom.
- Assemble a board of advisors. They are a source of wisdom and perspective.
- Have an exit strategy and envision what the business will look like when you wind it down or sell it.
- Don't worry too much about money. Create the opportunity and the money will follow if it's a good idea.
- For more info, visit overtheedgeusa.com.

THE BUSINESS OF BETTER

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

Screw Business As Usual By Richard Branson, Virgin Books, $26.95, 357 pages



With a title like Screw Business As Usual coming from the likes of Sir Richard Branson, emperor of the Virgin Group, you come to expect that, though off the cuff, there is likely some sound advice on the way.

Branson's key message is clear: "doing good is good for business." Eschewing old school capitalism, Branson outlines his vision of what modern capitalism should look like. He calls it Capitalism 24902, a model that looks beyond profits, but looks at how businesses should shape themselves to benefit the globe.

"Its not OK that nearly half the world's population lives on less than $2 a day" says Branson.

In Branson's opinion, change needs to come from the ordinary person. "I'm talking about the power of the ordinary everyday person to become entrepreneurs and change makers." He alludes to the shift in communications access and transparency, in a day and age where anyone can share their opinion publicly and be heard.

One of the most touching examples Branson gives (and I'll admit that as a South African, I'm biased) takes place in South Africa. In his book he talks about Virgin Unite, the Charity arm to the Virgin Group, and how they established the Branson Centre for Entrepreneurship in Johannesburg, a project Branson reflects as being "one of the most satisfying projects he's ever been involved in".

I don't use the 'L word' too often, but I have to in this case. Branson's energy and passion is dripping from this book.

His stories are told candidly with humour. I loved every word, and feel inspired to take on his call for change.

Grab this book and screw business as usual.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

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4 sports

Jets preview

Edmonton at Winnipeg
7:30 p.m.
TV: TSN-Jets

The Oilers (24-31-6) travel to Winnipeg (30-26-8), where the Jets are trying to hang on to eighth place in the Eastern Conference. Edmonton lost 3-1 to Phoenix on Saturday. Ryan Nugent-Hopkins had the Oilers' only goal in his first game back from a shoulder injury. Blake Wheeler scored twice for Winnipeg in a 3-2 shootout loss to St. Louis on Saturday. Wheeler has 12 points in his last five games. Nikolai Khabibulin (groin) is practising and could be ready to start for Edmonton tonight.

THE CANADIAN PRESS

Scan code for more sports.

Scotties. Champions

▶ Alberta skip Heather Nedohin, centre, celebrates her gold medal win over B.C. with, from lef, lead Laine Peters, third Beth Iskiw and second Jessica Mair at the Scotties Tournament of Hearts in Red Deer, Alta.

JONATHAN HAYWARD/THE CANADIAN PRESS

Albertans slide to national curling glory on home ice

Alberta's Heather Nedohin won the Canadian women's curling championship with a 7-6 win over B.C.'s Kelly Scott on Sunday.
Nedohin, third Beth Iskiw, second Jessica Mair and lead Laine Peters will represent Canada at the world championship next month in Lethbridge, Alta.
The Edmonton team will also return to the 2013 Scotties Tournament of Hearts in Kingston, Ont., wearing the Maple Leaf.

Jets can afford to be patient

THE HOCKEY NEWS

RORY BOYLEN
WINNIPEG@METRONEWS.CA

The Winnipeg Jets entered trade deadline day in a heated battle for the division title as well as a neck-and-neck race for the eighth and final playoff position. It's a tough situation to be in, caught between keeping up with teams around them who are expected to be active and staying the course with a familiar group of players.

The Jets aren't expected to be major players in the market, but you can't rule out a smaller, depth acquisition. While Winnipeg general manager Kevin Cheveldayoff will improve his team if the opportunity presents itself, he's not facing as much pressure as his counterparts in Washington and Florida are.

The Capitals must make a trade or two and give a wakeup call to a lineup that hasn't improved under coach Dale Hunter. The management team must right Washington's wrongs now, or else face the possibility of a disastrous season outside of the top eight and a walk to the unemployment line.

The Panthers haven't been to the second season since 2000 and in their market, the team needs all the attention it can draw to itself. Tampa Bay has been the state's successful team in recent years and Florida needs to buttress its weaknesses (secondary scoring) or risk slipping out due to lack of depth.

But the Jets don't feel that pressure. Sure the fans and the organization are hungry for the playoffs, but all understand this is still a young team, with a good core that is a couple years away from peaking. There will be no major overhaul or substantial asset movement for an immediate benefit because the Jets are ahead of their curve.

In the past, Atlanta Thrasher teams felt the sunbelt pressure to succeed and draw eyeballs and the results always ended up burning the team later on. It's this desperation that can get to the best of GMs and send them down the wrong path — but that's not going to be a characteristic of Winnipeg's trade deadline this year.

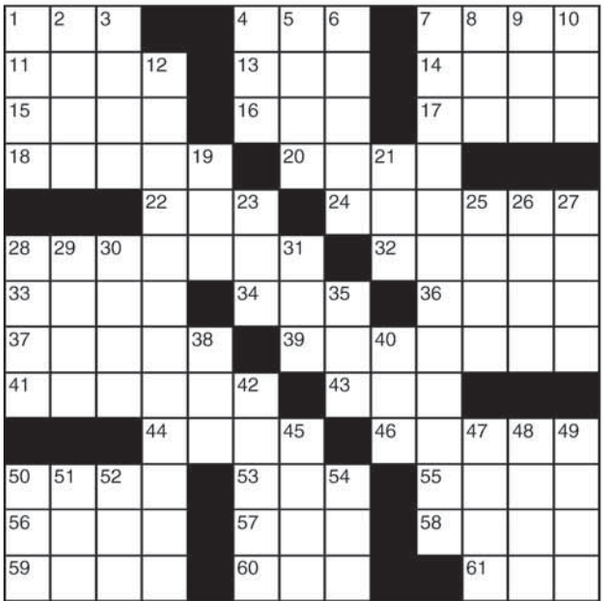
For the team's first go-around on this day, it's expected to be mostly quiet on the Winnipeg front.

Thrashed at the deadline

In 2007, the Thrashers were making a push to their first playoff berth and desired a veteran presence on the blue-line.

- **So the club** sent rookie defenceman Braydon Coburn, pictured, to the Philadelphia Flyers for Alexei Zhitnik.
- **Atlanta made its first** and only playoff appearance that season, bowing out in four games.
- **Zhitnik was pointless** and minus-4 that post-season and stayed with the team one more year before leaving as a free agent. Coburn remains an imposing presence on the Flyers' challenging blue-line.

Crossword



Across

1 Vim and vigor
4 Had breakfast
7 Acceptable
11 Rowing props
13 Bagel topper
14 Pleasant
15 Seniors' big event
16 Mischievous tyke
17 Paradise
18 Provide with funds
20 Seethe
22 Barbie's cohort
24 Ruins the shoe polish
28 Custodian
32 Grin
33 Portent
34 "Holy mackerel!"
36 Surveyor's map
37 Suit material that draws lint
39 Rocket launcher
41 Stuck up
43 "Le Coq —"
44 Picnic spoiler
46 Playful water critter
50 Primary
53 — and caboodle
55 Dry riverbed
56 As well
57 Compass pt.
58 Japanese sashes
59 Rhett Butler's closing word
60 Caribbean or Mediterranean
61 Witness

Down

1 Vatican VIP
2 Deserve
3 Poke
4 Boxer Muhammad
5 "Who's buried in Grant's —?"
6 Erstwhile Montreal baseball team
7 54-Down server's query
8 Tease
9 High card
10 Longing
12 Headwaiter's obsolescent query
19 Drenched
21 Suffix with robot
23 Present
25 Flaky pastry dough (Var.)
26 Anti-aircraft artillery
27 Bristle
28 R&B singer Stone
29 Prayer ending
30 Infamous fiddler
31 Steal from
35 Bankroll
38 Greek vowel
40 Menagerie
42 "OMG!"
45 Day shift start
47 Keep — on (watch)
48 Actress Falco
49 Get up
50 Angry
51 — carte
52 Doctrine
54 See 7-Down

▶ Friday's answer

P	A	C	T	S		B	I	T		A	R	C
A	H	O	O	T		O	D	E		B	O	A
W	A	N	D	A		G	L	A	M	O	U	R
		T	O	M	B	O	Y		U	V	E	A
E	G	O		P	A	T		W	R	E	S	T
N	O	U	N		S	A	L	E	M			
S	T	R	E	E	T		A	B	U	S	E	D
			W	R	E	C	K		R	E	N	D
R	A	D	A	R		H	E	R		Y	E	T
E	W	E	R		M	U	S	E	U	M		
P	A	R	K	O	U	R		B	R	O	W	S
A	R	M		N	S	C		U	S	U	A	L
Y	E	A		A	S	H		T	A	R	D	Y

Sudoku

	7	2				1		
			3	9				7
5					2			6
		4	2		7		8	
	5			8			6	
	3		1		6	7		
4			9					3
8				7	5			
		1				6	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

3	5	6	9	7	4	8	2	1
7	2	9	6	8	1	3	5	4
1	8	4	3	5	2	7	9	6
9	3	2	4	6	5	1	8	7
4	7	5	1	9	8	6	3	2
6	1	8	7	2	3	9	4	5
2	4	7	8	3	6	5	1	9
5	6	3	2	1	9	4	7	8
8	9	1	5	4	7	2	6	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Night,
Wonderful Saturday evening to everyone tonight! Wasn't it a beautiful Saturday? Good thoughts! From a noble person sharing conscious sincere craziness! Hmm? Sweet Call!
SATURDAY

sandra,
to the woman i hold so dear that i wait to be near
CRASH

Matt,
I smiled at you yesterday, and I hope you noticed it. Sorry I didn't get to wave back at you. I was hoping you were going to talk to me on my break. Well I'll see you next week.
R

my pet
well, that is good,I waiting for you? No surprising! admit i'm scared to talk first...Why not!
ME

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BT BREAKFAST TELEVISION

MONDAY	TUESDAY	WEDNESDAY
Min -17°	Min -20°	Min -16°
Max -12°	Max -8°	Max -5°

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
Put small issues out of your mind and focus only on the things that matter.

♉ Taurus April 21-May 21
Don't worry if you've been finding it hard to get along with someone because as from tomorrow your minds will be on the same wavelength again.

♊ Gemini May 22-June 21
If there is something you need done, something that is so important it really can't wait, you're going to have to do it yourself.

♋ Cancer June 22-July 22
If you let others set the rules of the game they will inevitably fix them so they win and you lose.

♌ Leo July 23-Aug.23
Think long and hard before ending an association that may not be easy to revive again in the future.

♍ Virgo Aug. 24- Sept. 22
Loved ones are extremely demanding at the moment and if you get through the day without raising your voice you will have done well.

♎ Libra Sept. 23-Oct. 23
Take it easy now because the next few days could be busier than you anticipated, especially on the work front.

♏ Scorpio Oct. 24-Nov. 22
According to the planets someone is being less than honest with you about what they are planning.

♐ Sagittarius Nov. 23-Dec. 21
Why are you worrying about something over which you have no control? There's no logic to it.

♑ Capricorn Dec. 22-Jan. 20
Take a break from your busy schedule and give some thought to the direction your life seems to be heading.

♒ Aquarius Jan. 21-Feb. 18
You are attaching too much importance to other people's opinions.

♓ Pisces Feb. 19-March 20
If someone is wasting your time then you must allow yourself to get angry.

SALLY BROMPTON

Caption contest

JENS MEYER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

WagJag.com

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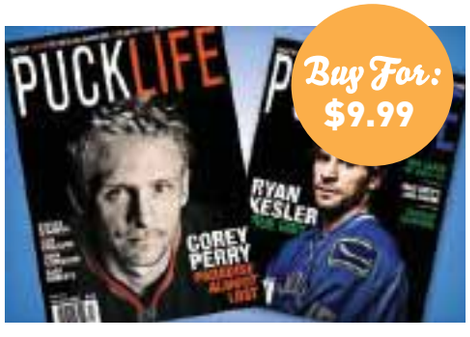

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